



National WIC Association



NWA Leadership Academy

OCT 22.13

New Approaches to Treating Obesity in Higher Risk Groups

The NWA Board Local Agency Section in partnership with the NWA Leadership Academy is pleased to announce an exciting new webinar that will take a closer look at targeted groups who seem to be at a higher risk for obesity.

Please join [Dr. Gary Bennett](#) who will discuss findings from his [recent studies](#), which demonstrate the potential of using a "maintain, don't gain" approach with patients in groups at highest risk for obesity – racial/ethnic minorities and those who are socioeconomically disadvantaged. Dr. Bennett will argue why weight gain prevention should be the fundamental clinical priority when working with high-risk patients.

For many in these groups there are relatively fewer health risks at low levels of obesity. However, these health risks increase dramatically as patients gain weight year after year. By maintaining weight gains, Dr. Bennett proposes that we can offset the likelihood of later life health problems. Fortunately, this "maintain, don't gain" approach can be more easily achieved than weight loss. Dr. Bennett will discuss results from his recent studies, conducted in collaboration with Piedmont Health Services, a North Carolina-based system of community health centers.

Date: Wednesday, November 6, 2013

Start Time: 3 PM EDT, 2 PM CDT, 1 PM MDT, 12 PM PDT, Hawai'i 9 AM HAST, and Thursday, November 7 at 5 AM ChST

Registration: Click [here](#) to register today.

NWA's mission: NWA inspires and empowers the WIC community to advocate for and promote quality nutrition services for all eligible mothers and young children, and assure effective management of WIC.

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